

The Sourdough

S E N T I N E L

May 20, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 20

Final Flight

Wing commander completes
tenure as Arctic Warrior



-- Pages 12-13

DoD releases BRAC proposal for Elmendorf

Compiled from staff reports

The Department of Defense announced recommended realignment actions affecting Elmendorf May 13. These realignment actions are a part of the Base Realignment and Closure process, an initial step of which was the Department of Defense’s forwarding of its recommendations to the BRAC commission.

The recommendations affecting Elmendorf demonstrate that the base is, and will remain, a valuable installation to the Air Force and the DoD while making the most efficient and effective use of the department’s resources.

To reduce a duplication of effort and gain some efficiencies through an economies of scale, DoD recommended a realignment of Fort Richardson by relocating their installation management functions to Elmendorf and the 3rd Wing, establishing a single joint installation named Joint Base Elmendorf/Richardson.

One part of this round of BRAC included the Air Force’s efforts to consolidate the F-15C and F-15E fleets. As a result, the recommendation is to move 24 F-15C Eagle aircraft from the 3rd Wing to the 1st Wing Langley AFB, Va., and 18 F-15E Strike Eagles from Elmendorf to the 366th Wing, Mountain Home AFB, Idaho.

DoD also recommended moving the 176th Wing, its aircraft and Expeditionary Combat Support from Kulis Air Guard Station, Alaska, to Elmendorf. This move would include the addition of eight C-130, three HC-130, five HH-60 helicopters from Kulis and four C-130 Hercules from Dyess AFB, Texas, to the base and will also include the creation of an active-duty association with the Air National Guard C-130 aircraft.

The creation of this association will allow for greater efficiencies and maximize the capabilities of the Air Force’s active and guard components, helping to transform the service into

the Future Total Force.

This associate wing will be what is referred to as a reverse associate unit where active-duty manpower and crews will share the operation and maintenance of the ANG aircraft.

In the final tally, the recommendations to the BRAC commission would include a loss of 1,499 military and 65 civilian positions, a gain of 397 military and 233 civilian positions, bringing the total manpower lost due to the BRAC recommendations to 934 positions. A total of 1,196 Air National Guard drill positions, coming from Kulis AGB, will also be gained at Elmendorf.

That manpower loss of 934 positions will also be offset by the addition of 48 F/A-22 Raptor aircraft in a non-BRAC programmed change which drops the loss to only 65 positions.

For more information people can check the DoD and Air Force Web sites at www.defenselink.mil/brac and www.af.mil/brac.



Senior Airman Michael Phillips, 3rd Aircraft Maintenance Squadron, displayed unselfish behavior when he responded to a noise outside of his residence. He immediately discovered a small grass fire caused by downed power lines.

After extinguishing the fire, he entered the woods to investigate the cause, and found a small aircraft in the trees.

He surveyed the scene and extracted the pilot, a 78 year-old woman, and a 15 year-old girl.

His actions prevented further injuries or death to the crew.

Master Sgt. William Campbell, Tech. Sgt. Larry Rhodes, and Staff Sgt. Mandy Newman from the 3rd Equipment Maintenance Squadron rapidly set up a portable air conditioning system for the 3rd Communications Squadron Network Control Center that provided critical cooling for the base’s network infrastructure.

Without this cooling, the equipment would have overheated and caused major system failure to Elmendorf’s unclassified and classified networks, severely degrading mission capabilities.

Their outstanding support is indicative of the one team-one fight spirit of the 3rd Wing.

Airman 1st Class Lawrence Hernandez, 19th Fighter Squadron, performed exceptionally during Exercise COPE SANDS at Holloman AFB, N.M. He processed 5,800 pounds of mission-essential equipment through the Joint Mobility Center ensuring 100 percent mission execution.

Additionally, he solely provided personal flight fit-ups and survival equipment instruction for 25 incentive flyers.

Finally, he flawlessly inspected 15 Advanced Concept Ejection Seat Parachute Systems resulting in zero discrepancies or sorties lost.



Brig. Gen. Michael Snodgrass
3rd Wing Commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done?

The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Michael Snodgrass. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:

- Col. Christopher Thelen, 3rd CES/CC 552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC 552-2468
- Lt. Col. Robert Garza, 3rd SFS/CC 552-4304

AMOC celebrates first anniversary

By Capt. Celina Croteau
381st Intelligence Squadron

Celebrating its one-year anniversary as the Alaska Mission Operations Center (AMOC), the 381st Intelligence Squadron took the opportunity to simultaneously commemorate its more than 50-year history at Elmendorf with special event held May 12-13. These events brought a host of former squadron members and distinguished visitors to the “Top of the Hill,” on Fairchild Avenue, where the 381st IS has conducted near-continuous 24-hour operations since 1953.

Lt. Col. Paul Wade, the 381 IS commander described the two-day event as “A rare opportunity for past and present unit members to reflect on the rich history of our squadron.”

Former squadron members and intelligence community partners met at the 381st IS last week to do ex-

actly that. Friday morning, the 381st opened its doors to welcome AMOC alumni for a day of tours and discussions. That evening, 160 current and former squadron members gathered at the Susitna Club to honor the unit’s history and chart out its future.

Brig. Gen. Neal Robinson, Air Intelligence Agency vice commander, presented his vision for the squadron. retired Maj. Gen. John Morrison, the squadron’s first commander (1953-1955) rounded out the evening with a keynote address.

He described the unit’s modest beginnings, when the 381st was pieced together with Army equipment left over from WWII.

Originally known as the 3rd Radio Squadron Mobile, the AMOC’s predecessor served as the hub of intelligence activity for 800 Airmen stationed at remote sites throughout Alaska. At the height of the Cold War era, that number reached 1,300. Most

lived and worked in the unit’s current building, which featured not only dorm rooms, but also an internal post office, barber shop, base exchange, racquetball court, dining hall, and shooting gallery. In the mid-1950s, visiting alums related, the squadron even adopted an orphaned moose calf as a mascot.

Today, modern office spaces and communication systems have replaced the typewriters and open bays of the 1950s. However, some things have gone unchanged; like the dedication of the unit’s Airmen, who continue to provide 24/7 intelligence support to Pacific theater warfighters and national-level decision makers.

In his closing remarks at the evening’s gala, Colonel Wade noted that he looked forward to receiving an invitation to the squadron’s next anniversary celebration. To which the retired general promised, “I’ll be there!”



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Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001

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3rd Wing Moment in History

May 12-15 1975:



The 3rd Wing provided airborne command and control support in the recovery of the merchant vessel the USS Mayaguez and her crew of 40. The vessel and crew were seized by the Khmer Rouge in the Gulf of Siam and taken to the Koh Tang Island, located a few miles off the Cambodian mainland.

Crew chiefs meet with deployment success

By Tech. Sgt. Scott Sturkol
416th Air Expeditionary Group Public Affairs

KARSHI-KHANABAD AIR BASE, Uzbekistan – Each C-130 Hercules airlifter deployed with the 774th Expeditionary Airlift Squadron here ranges in age from 31 to 16 years and they fly a mission nearly every day.

The constant flying to forward operating locations in the Operation Enduring Freedom by these planes, C-130 crew chiefs say, means the maintenance work they do has to be the best.

“Here, you see many things you wouldn’t back home,” said Airman 1st Class David Solis, 774th EAS C-130 crew chief deployed from the 703rd Aircraft Maintenance Squadron in Elmendorf Air Force Base, “Since the same planes fly every day, they tend to break more often.”

Being a crew chief in a deployed environment is “so different” than anywhere else, Airman Solis said.

“It’s hard work – not a cushy office job,” he said. “If you like getting dirty, working long shifts, and taking pride in fixing things, this could be a job for you. If you don’t like any of those things, don’t quit your day job. Crew chiefs are a different breed of people and anyone who knows one can tell you that.

“Being deployed, I have learned a lot,” Airman Solis added. “I think I have become a better crew chief with the knowledge and experiences I have gained being here from all the work we have had to do.”

Senior Airman Joshua Harp, C-130 crew chief deployed from the Ohio Air National Guard at Mansfield, said turning planes for ever-present airlift missions puts an additional challenge on the C-130 maintenance team here, but they meet the challenges.

“We are typically on the go here,” he said. “Getting a good night’s rest and eating the right foods help keep us physically able to meet the demands of aircraft generation. Additionally, our bench stock of commonly used parts is smaller compared to any stateside base so it is sometimes difficult to find the items we need. We persevere and get our planes in the air, however.”

Perseverance is only a part of the traits a crew chief needs to get through their day – particularly at an airfield as busy as K-2, Airman Harp said.

“A crew chief must be willing to adapt,” he said. “With missions constantly changing within hours and even minutes before takeoff, you must be able to take the additional work in stride.

“Sometimes people ask me, ‘What does a crew chief do?’ I tell them what we do with airplanes is similar to what you would do to your car in the garage,” Airman Harp said. “We maintain the aircraft by keeping it clean, changing tires, brakes, and by doing daily inspections. This is all necessary to help keep the airplane fully mission capable and



PHOTOS BY TECH. SGT. SCOTT STURKOL

C-130 maintenance Airmen use a “cherry picker” to work on the tail of a C-130 in Uzbekistan

safe for the flight crews.”

Tech. Sgt. Ken Bouchet, C-130 crew chief also deployed from the 703rd AMXS, said he is proud to be on the forefront of a military operation like OEF using his skills as a crew chief to meet mission needs.

“It’s a great feeling to know our hard work is helping troops all over the area of responsibility,” he said. “Whether our planes move food, equipment or people, we know we are the best at what we do.”

Their success has also been formally recognized. In early April, Brig. Gen. Chuck Collier, U.S. Central Air Forces Director of Mobility Forces, forward deployed to Uzbekistan to bring his thanks to the 416th Air Expeditionary Group for their “outstanding performance” over the past three months.

The general also recognized the efforts of the 774th EAS for maintaining the highest mission capable, or MC, rates for the U.S. Central Air Forces from January through March. This feat included MC rates included “an incredible” 90 percent rate in January and February, and an 80-plus percent rate in March, according to Lt. Col. Mike Lynch, 416th AEG deputy commander for maintenance.

“The work of the crew chiefs had a lot to do with this effort,” Colonel Lynch added.

Airman 1st Class Sandro Cardona, C-130 crew chief also deployed from the 703rd AMXS, added his perspective on the high MC rates which aver-

aged 88 percent over the first quarter of this year.

“I think it’s great, but we still have work to do,” he said. “We’re deployed, we work day and night, and we have a mission that has to get done every day and we’ll be there to make sure it gets done.”

They say and they will continue to maximize their efforts to keep mission success as their ultimate goal.

“We have a good team of workers comprised of several units here,” Airman Harp said. “When you arrive at a place like this, you must make it a priority to get to know who you are working with quickly and be able work together to accomplish the mission which is to have fully mission capable and safe aircraft.

“It’s important everyone realizes what we are here for, and even though it seems that we are not on the frontlines, we are directly contributing to the success of the mission,” he said. “I am proud of the job I do and would work 18-hour days if that’s what we had to do to keep our planes flying.”

Though fanfare is limited, their spirits are not. The more than 30 C-130 crew chiefs here will continue turning wrenches, doing inspections, and working with the many other players on the maintenance team.

“People may not know a lot about us,” Sergeant Bouchet said, “but they should know we definitely don’t do it for the glory.”



Airman 1st Class David Solis, C-130 Hercules maintenance Airman deployed to Karshi-Khanabad Air Base, Uzbekistan from the 703rd Aircraft Maintenance Squadron, walks in front of a C-130 while doing an aircraft recovery.

Arctic Warriors win AF productivity excellence award

By Senior Airman Amy Morrisette
3rd Wing Public Affairs

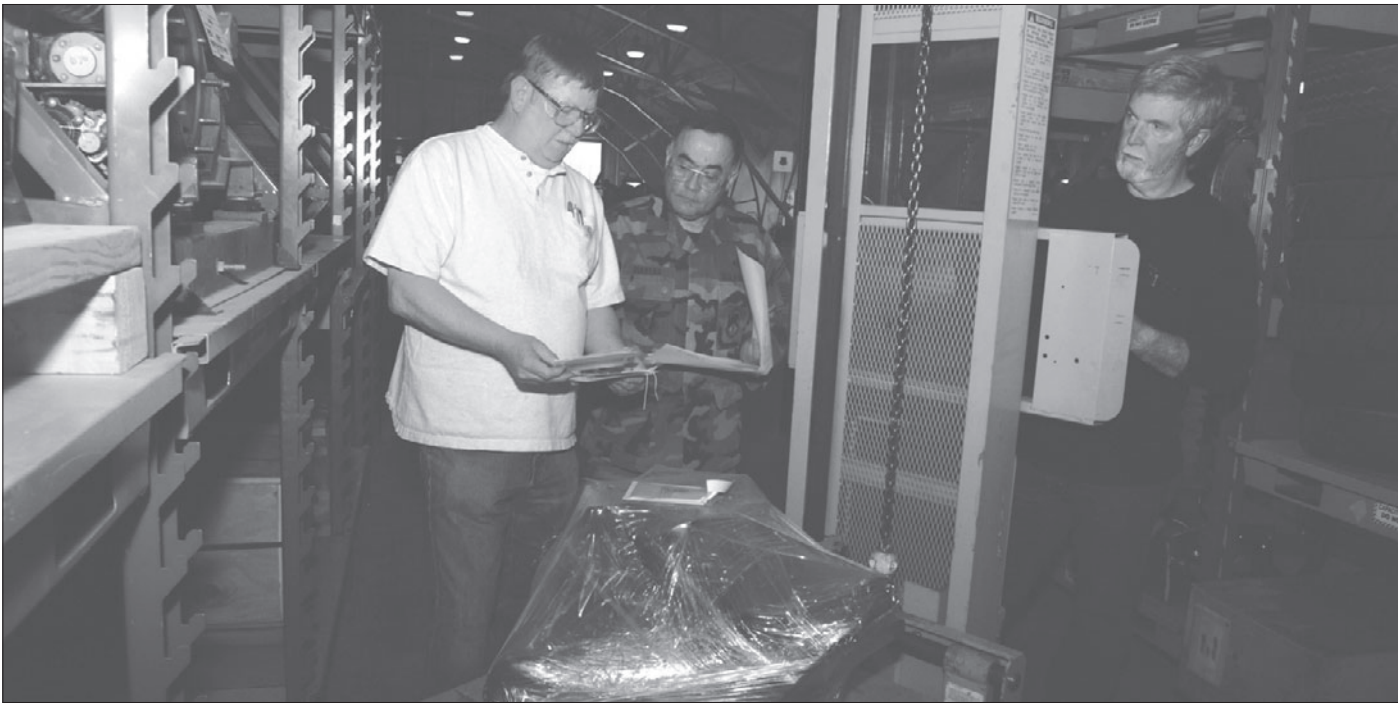
Four Arctic Warriors from the 3rd Equipment Maintenance Squadron were awarded the 2004 Air Force Productivity Excellence Award for their innovative ideas for improving the quality and productivity of their cost saving initiatives through the 3rd EMS Aerospace Ground Equipment Flight’s Air Force Repair Enhancement Program.

The efforts of Senior Master Sgt. Ernest Guerena, Tech. Sgt. Philip Swarner, Mr. John Clark, and Mr. Robert Landmesser, resulted in the 3rd Wing saving more than \$2.4 million in fiscal year 2004 and more than \$18.7 million since inception of the program in 1995.

During the past few years, the AGE Flight Team improved the Air Force Repair Enhancement Program to one that establishes a benchmark for all AGE Flights within the Air Force to emulate.

The team capitalized on past practices of acquiring condemned equipment from Defense Reutilization and Marketing Offices for component reutilization. They expanded their method of acquisition of condemned equipment from DRMO to various depots and DoD agencies located throughout the U.S. and foreign territories.

Motivated by continued success, the team recovered reusable components from obsolete equip-



STAFF SGT. PRENTICE COLTER

Members of the 3rd Equipment Maintenance Squadron, Robert Landmesser and Senior Master Sgt. Ernest Guerena check the serial number on an engine while Mr. John Clark, also from 3rd EMS, operates the forklift.

ment destined for salvage. This past year, they identified and repaired ten gas turbine engines and generator assemblies removed from unserviceable units. These critical assets were promptly turned into supply and used to fill Air Force mission capable parts (MICAP’s) backorder requests worldwide. Their actions not only resulted in a savings of \$139,000 in generator assembly replacement costs, but also eliminated more than 90 days of downtime for equipment awaiting parts.

Additionally, the team recovered starters, fuel pumps and injector

pumps from non-repairable diesel engines, bench checked the items to determine serviceability and installed them on engines requiring repair. The benefits for the 3rd Wing and the Air Force are less money spent on replacement parts, reduced equipment downtime, immediate repair of equipment down for parts, and component availability for other Air Force bases to requisition.

A total of 91 worldwide Air Force supply MICAP’s were filled through the program established at Elmen-

dorf.

“I feel this award is indicative

of the outstanding team effort made by everyone who is associated with this AFREP program,” said Sergeant Guerena. “The \$2.4 million in savings for the 3rd Wing this past year, is truly a banner year for us. But, for us, it’s not all about the money, it’s more gratifying knowing we were able to help AGE maintainers worldwide--91 MICAPs total this year—Agile Combat Support.”

The team’s work on equipment repair procedures contributed not only to Air Force’s productivity but also to the smooth transition to an Air Expeditionary Force.

39 selected for major

The Air Force announced Tuesday that the following captains have been selected for promotion to major:

12th Fighter Squadron
Alexander Haddad
Michael McDermott
Kevin Silknitter

19th Fighter Squadron
John Boehm
Morris Fontenot Jr.
Carey Jones
Christopher McCarthy

381st Intelligence Squadron
Curtis Weeks

3rd Mission Support Squadron
Tamara Bergtholdt

3rd Aircraft Maintenance Squadron
Elizabeth Boehm
Amy Graveley

3rd Civil Engineer Squadron
Robert Devens

3rd Logistics Readiness Squadron
Dedan Johnson

3rd Mission Support Group
Michael Hunsberger

3rd Operations Support Squadron
Kevin Allred
Edward Branson

Jeffrey Cannon
Todd Fine
Jennifer Healy
Scott Howe
Andrew Schoen

3rd Security Forces Squadron
Christopher Callis

517th Airlift Squadron
Ryan Barney
Charles Bredfield
Kevin Clark
Will Clark
Ommid Ghaemmaghani
David Miller
Sean Murray
Jeremy Sloger
Kevin Thompson

703rd Aircraft Maintenance Squadron
Bradley Garcia

90th Fighter Squadron
Jon Chesser II
Thomas Davis
Joel Lafleur
Andrea Snowden

962nd Airborne Air Control Squadron
Christopher Johnson
Douglas Smith

USAF Band of the Pacific
Jeffrey Warner

Quarterly Award Winners

The following individuals are the quarterly award winners for the 2nd Quarter, fiscal year 2005 in their respective categories:

3rd Wing/Team Elmendorf
Flight
3rd Medical Logistics Flight

Company Grade Officer
Capt. Brian McCormack
3rd Wing

Senior NCO
Senior Master Sgt. Maurice James
3rd Medical Operations Squadron

NCO
Tech. Sgt. Scott Armstrong
3rd Comptroller Squadron

Junior Enlisted Memeber
Senior Airman Douglas Stowe
3rd Comptroller Squadron

Civilian Category III
Mr. Dennis Chartraw
3rd Logistics Readiness Squadron

Civilian Category I
Mr. Matthew Cooper
3rd Logistics Readiness Squadron

3rd Wing
Civilian Category II
Mr. John Sanchez
3rd Logistics Readiness Squadron

Team Elmendorf
Civilian Category II
Mr. Robert Breedlove
732nd Air Mobility Squadron

Honor Guard Member
Senior Airman Cesar Campos
3rd Logistics Readiness Squadron

Other Winners

Ms. Christine Snider is the *Family Child Care Provider* of the quarter.
Any individual conducting child care services in base hous-

ing for more than 10 hours per week on a regular basis must be a licensed Family Child Care provider. This is in accordance with Air Force Instructions. For more information on how to obtain certification, call 552-3995



PHOTOS BY STAFF SGT. RYAN MATTOX

Tech. Sgt. Brian Melton

Duty title: 611th Air Support Squadron Information Systems Manager
Hometown: Cassatt, S.C.
Hobbies: Anything outdoors and family
How he contributes to the mission: Develops, implements, and enforces policies for acquisition, installation, and maintenance of networking, PC hardware, and software systems for all the Alaska remote radar sites totaling \$4.5 billion in assets
Time at Elmendorf: Six years and 11 months
Best part of being in Alaska: The outdoors
Supervisor’s comments: “Sergeant Melton is a hard working and dedicated NCO. He takes great pride in his work and always goes the extra mile. Truly an asset to the organization.” Capt. David Ems



Tech. Sgt. David Kuether

Duty title: 732nd Air Mobility Squadron Senior Controller
Hometown: Saint Paul, Minn.
Hobbies: Hunting, fishing and hockey
How he contributes to the mission: Plays an integral position within Air Mobility Command’s Pacific Enroute system—ensures timely AMC mission coordination and monitoring, aircrew support, and flight following for strategic airlifters and crews transiting the Alaska Command region
Time at Elmendorf: Eight years
Best part of being in Alaska: Climate and outdoor activities
Supervisor’s comments: “Tech. Sgt. Kuether coordinated the arrival of critical medical equipment and doctors and technicians from Wilford Hall Medical Center for the evacuation of a critically-ill infant from Anchorage. When complications arose, he arranged for the arrival of a second C-17 with two additional crews. Sergeant Kuether’s actions were absolutely essential to successfully launching the mission later that afternoon. His performance was exemplary, and illustrates some of the unseen actions required to make missions flow and that critical, precious cargo is safely and effectively delivered.” Master Sgt. Robert Anderson

Change of command

Brig. Gen. Michael Snodgrass will relinquish command of the 3rd Wing and Col. “Hawk” Carlisle will take command of the wing during a change of command ceremony today at 3 p.m. in Hangar 1. All members of Team Elmendorf are welcome to attend.

Those attending the ceremony need to be in place by 2:40 p.m..

A shuttle service will run from the Base Theater to Hangar 1.

For more information, call Maj. Mark Allen at 552-2777.

Gospel music concert

The Base Chapel’s Gospel community is sponsoring a Gospel music concert 7 p.m. Saturday. The concert is at the First Assembly of God Church located at 1540 C Street. The featured musician is recording artist Joe Pace.

For more information, call Chaplin (Capt.) Timothy Porter at 552-4422.

Blood drive

There is a blood drive Monday from 9 a.m. to 3:30 p.m. at the Arctic Oasis Community Center.

For more information, call 1st Lt. Graham Davey at 552-2267 or by e-mail at graham.davey@elmendorf.af.mil or 1st Lt. Veronica Acker at veronica.acker@elmendorf.af.mil or your unit rep for an appointment.

Suicide prevention

All military and civilian members are required to attend one of the following suicide prevention briefings at the Base Theater to satisfy their an-

nual training requirement: June 6 at 3 p.m., June 8 at 7:30 a.m. and June 14 at 3 p.m. Call 580-1399 for more information.

Vacation Bible School

This year’s Vacation Bible School will be June 13-17, from 9 a.m. to noon at Chapel 1. This special time is designed for children ages 6 to 6th grade.

Registration is limited and currently underway at Chapels 1 and 2 and the Chapel Center and must be completed by May 31. Volunteers are needed for this community service project.

Contact Peggy Brown at 646-4279 to volunteer or for more information.

Yard of the Month

Aurora Military Housing will be offering the Yard of the Month program. The objective is to foster owner pride, improve the beautification of yards, and enhance the overall appearance of the housing areas.

A winner will be selected the last Tuesday of the month from the four major housing areas beginning in June and ending in September. The criteria for selection will be based on mowing, trimming/edging, color and lawn coverage. A \$200 prize will be awarded to each winner.

Refer to the Tenant Handbook or call Aurora Military Housing office at 753-1051 for additional details.

Kids run

The America’s Kids Run Event will provide children an opportunity to

participate in a fun run scheduled for today at 4 p.m. with the age categories of 5-6, 7-8 and 9-13.

The five and six year olds run one-half mile, the seven and eight year olds run one-mile, and the nine to thirteen year olds run two-miles, with a finish-line reward of an “America’s Kids Run Tee-Shirt.”

For more information, visit www.americaskidsrun.org or call 552-2266.

Road awareness

All vehicle operators are reminded to use caution when they encounter units conducting ‘fit runs’ on base.

According to Wing Instruction 31-203, when overtaking and passing foot troops, all drivers will yield the right-of-way to all formations marching on a street or roadway on Elmendorf. The maximum speed while passing troops (from any direction) is 10 miles per hour.

If overtaking a formation going in the same direction, the operator will not pass the formation until signaled or motioned to by the troop commander.

If meeting a formation going in the opposite direction, the operator will reduce speed and pass with caution.

Home seminar

The Housing Office is offering a home purchasing seminar June 6 at 1 p.m. at the Housing Office, 6346 Arctic Warrior Drive.

The class lasts 2 to 3 hours. Seating is limited, call early for reservations at 552-4439/4328.



Chapel Schedule

Catholic Parish

■ Monday through

Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center

■ **Thursday Mass:** 11:30 a.m. at the Hospital Chapel

■ **Sunday Mass:** 10:30 a.m. at Chapel 1

■ **Sunday Evening Mass:** 5 p.m. at Chapel 2

■ **Confession:** 6 p.m. Sundays at Chapel 2

Protestant Sunday

■ **Liturgical Service:** 9 a.m. at Chapel 2

■ **Celebration Service:** 9 a.m. at Chapel 1

■ **Gospel Service:** noon at Chapel 1

■ **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

■ Catholic Religious

Education: Sunday at 9 a.m. at the Chapel Center.

■ **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.

‘Click it or Ticket’ campaign begins

By Master Sgt. Dale Glove
3rd Security Forces Squadron

Joining forces with the nation-wide “Click It or Ticket” campaign, which will run Monday-June 5, the 3rd Security Forces Squadron will increase enforcement of Alaska’s and Department of Defense’s safety belt laws.

Military members who fail to buckle up will be issued a ticket requiring them to report to their first sergeant or commander for resolution of the infraction.

Civilians on base who fail to buckle up will receive a ticket that carries a fine of \$15 for those ages 16 and older and \$50 for failing to properly secure a child.

In all circumstances, one of the following consequences will be assessed to the driver:

- 1st offense: seven-day base driving privilege revocation
- 2nd offense within 12 months: 30-day base driving privilege revocation
- 3rd offense within 18 months: one year base driving privilege revocation

The goal of the program is to boost safety belt use and reduce fatalities, with a special emphasis on young adults. Motor vehicle crashes continue to be the leading cause of death in the United States for people ages 3 through 33.

According to the National Highway Traffic Safety Administration, safety belt use saves lives and prevents injuries. The past few years have shown a significant increase in safety belt use, but more must be done. Between 1975 and 2000, safety belts prevented 135,000 fatalities and

3.8 million injuries, saving \$585 billion in medical and other costs.

If all vehicle occupants had used safety belts during that period, nearly 315,000 deaths and 5.2 million injuries could have been prevented – and \$913 billion in costs saved NHTSA statistics show.

“Because we’ve seen firsthand the severe injury and death that often results from not wearing a safety belt, we will be showing zero tolerance for anyone not buckled up. Unless you want to risk a ticket – or worse, your life – remember to wear your seat belt,” said Capt. Christopher Callis, 3rd SFS operations officer. “We want everyone on the road to remember to buckle up – every trip, every time.”

Airmen discharged for misconduct

An airman basic from the 3rd Equipment Maintenance Squadron was administratively discharged April 29 for minor disciplinary infractions. The basis for the discharge was misconduct leading to an Article 15. The individual received Article 15 punishment for failing to obey a lawful order and for dereliction of duty which resulted in a general discharge.

An airman from the 703rd Aircraft Maintenance Squadron was administratively discharged May 10 for minor disciplinary infractions. The basis for the discharge was misconduct leading to two Article

15 punishments. The individual received the first Article 15 for underage drinking and the second Article 15 for driving under the influence. As a result of these actions, the individual received a general discharge.



News

83 Airmen graduate Airman Leadership School

The following senior airmen graduated from Airman Leadership School Class 05-5 May 13:

*John L. Levitow Award
Professional Military Education
Center
Leadership Award*
John Callahan
176th Wing

*Academic Achievement and Dis-
tinguished Graduate Award*
Monty Woolam
3rd Civil Engineer Squadron

Distinguished Graduate Awards
Michael Cox
3rd Aircraft Maintenance Squad-
ron

Michael Secord
962nd Squadron
Joshua Church
3rd Communications Squadron
Jason Bobo
3rd Component Maintenance
Squadron
Douglas Bowers
3rd Logistics Readiness Squad-
ron

Graduates

3rd Aircraft Maintenance
Squadron
Michael Blahut
Sostenes Benavides, Jr.
Jason Casey
Richard Craft
Joshua Heilig

Michael Keegan
Jeaner Marquez
Christopher Ramsay
Billy Morris, III
Raynard Tsukiyama
Kevin Ziesenitz
Clyde Weisbeck

3rd Civil Engineer Squadron
Jeanine Gibson
Juan Bonilla
Brad Brown
Alexander Collazo
Gregg Crossley, Jr.
Richard Hatfield
Brian Houseman
Ernest Scarbrough
Eric Seager
Daniyel Blankenship

3rd Communications Squadron
Joshua Church
Kevin Coy
William Diehl
Jason Ing
Sheldon Mudd
Eric Stone

3rd Component Maintenance
Squadron
Robert Ellender
Jon Rull
Amber Kinard
Mathew Meek
Rene Miranda
Vina Vanessa Valencia

3rd Contracting Squadron
Ronette McBean

3rd Equipment Maintenance
Squadron
Patrick Clark
Ryan Dillingham
Holli Elliott
Jason Green
Michael Jenkins, II
Kelly Larson
Jason Wilson
Jennifer Wiseman

3rd Logistics Readiness Squadron
Andreais Crockett
Larry Frazier
Carlos Garcia
Laura Johnson
Ryan Rumbley
Jeffrey Salonga

3rd Medical Operations Squadron
Christie Cowart

3rd Medical Support Squadron
Neil Boots
Brenen Byrom
Jacob Olson
Jessica Wilson

3rd Security Forces Squadron
Jeramy Lemons
Tyson Davis
Starr Aquino
Danial Bowens
Robert Gill
Theodore Sullivan

3rd Services Squadron
Isabel Salas

11th Operational Weather

Squadron
Arlana DeLeo

381st Intelligence Squadron
Stephanie Cherry
Kenneth Davis, II
Lee Settle
Catherine Sprinkel
Anthony Mott

611th Air Intelligence Squadron
Nicole Fredieu

703rd Aircraft Maintenance
Squadron
Benton Brown
Matthew Jager
Gerald Ziegler, Jr.
Brian Foster

732nd Aircraft Maintenance
Squadron
Michael Kaufman
Gary McNutt, Jr.
Melanie Moore
Peter Schopperle

176th Civil Engineer Squadron
Kristopher Warren



Arctic Life

Great living in the great land

Wing commander answers question...

What are the 101 Critical Days of summer about?

By Brig. Gen. Michael Snodgrass
3rd Wing commander

Well, they are not the 101 best days for salmon fishing. They are not the 101 best days for driving the AL-CAN. The 101 Critical Days of Summer are historically a time when we kill or injure more Air Force members than at any other period of the year. From Memorial Day to Labor Day, Air Force members are historically involved in more mishaps than any other time. In 2004, the Air Force experienced 32 fatalities during this timeframe. Three of those fatalities occurred in the Pacific Air Forces.

The summer season in Alaska is fantastic...it opens up a vast array of recreational opportunities, all of which, however, have some risk. Almost 90 percent of the Air Force's fatalities occur during off-duty recreational activities, and an overwhelming majority of those involve private motor vehicles (yes ATV and motorcycle riders, this means you!). During last year's 101 Critical Days period, 89 percent of the Air Force's fatalities were due to motor vehicle mishaps. Summer after summer, too many of us fail to assess the risk and weigh the consequences of our actions. Make no mistake, it is you who will pay the price for choosing not to wear a helmet, not to wear a seatbelt, driving too fast for conditions, etc; all these actions may require you pay with your life.

As I stated at the Wing Safety Day, I expect each commander to make safety (both on- and off-duty) a focal point of your unit. You bear the responsibility of ensuring the conduct of your people is safe, and their actions are tempered with risk management. You do a great job instilling this mindset on-duty. I need you to demand the same standard for your people when they leave the workplace. The formula is simple: Have a

plan, talk to the people you are going to recreate with or your supervisor if you are leaving the area, assess the risks, then execute the plan. If things you had not counted on happen, re-assess your plan and then either proceed if it looks OK, or get a new plan!

I expect each supervisor to be engaged with those you supervise, ensuring your Airmen understand that basic risk management needs to be part of all their activities. You are responsible for the well-being of those you supervise, and you need to set the example. You are in the best position to influence their safe behavior. Know their duty performance; know their off-duty leisure and travel plans.

I absolutely insist that each one of us take personal responsibility

for applying risk management. Risk management is a 24/7 necessity in order to maximize mission capability and minimize loss of life and valuable resources. Regardless of how much safety training you have had, regardless of how many safety tools are available to you, none of it will help you return to work safely if you don't take the training to heart and use the tools wisely.

Whenever you have a task to do, whether changing an engine or taking a trip down to Seward, I expect each of you to develop a smart plan. All those involved in your endeavor should be briefed on your plan. I expect all of you to be attentive enough to continue the risk management process once you execute your plan. If something changes, or if it just doesn't look right, STOP and reassess

your actions. Make a new plan if required, one that takes into account the unforeseen circumstance. Re-brief your folks and execute the new plan. Always keep the risk management process at work, and always stop to reassess before it becomes unsafe.

The summer season – especially here in Alaska – affords abundant opportunities to experience and enjoy the great outdoors. While I encourage our members to take advantage of the unique beauty of Alaska, doing so invokes certain responsibilities. Every Airman on base has personal responsibility for your own safety as well as your families and your friends. Let's manage the risk, and let's do it as a team. Have a great and safe summer!

Summer safety is a concern not only for those serving their country, but also their children. The following summer safety tips are provided by the American Academy of Pediatrics. For more information, visit their website at www.aap.org.

FUN IN THE SUN Babies under 6 months:

- Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

For Young Children:

- Apply sunscreen at least 30 minutes before going outside,

and use sunscreen even on cloudy days. The SPF (sun protection factor) should be at least 15.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100 percent of ultraviolet rays), and cotton clothing with a tight weave.

- Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours.

- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.

- Reapply sunscreen every two hours, or after swimming or sweating.

POOL SAFETY

- Never leave children alone in or near the pool, even for a moment.

- Make sure pool gates open out

from the pool, and self-close and self-latch at a height children can't reach.

- Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.

- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.

- Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 years of age should not be seen as a way to decrease the risk of drowning.

- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."



Maj. Edwin Mundt, commander

Unit Spotlight

3rd Maintenance Operations Squadron

MISSION:

The 3rd MOS is a combat-ready squadron supporting the 3rd Wing's warfighting missions in support of global power and reach. They provide wing-level aircraft scheduling, maintenance analysis, maintenance training, engine management, and programs in support of sortie production of F-15C/D, F-15E, C-130H and E-3B aircraft. They ensure the health of the fleet and unit readiness for training missions and short-notice, worldwide deployments in support of contingencies.



Wing CC thanks Arctic Warriors, remembers accomplishments

By Brig. Gen. Michael Snodgrass
3rd Wing commander

Today is one of those days that I would have liked to have avoided for a while longer, but I must give up the best job in the Air Force...being your commander.

I know that's an overused cliché, but let me assure you that it's true. Wing command is the job where you are able to affect more lives in a positive manner than at any other time in your career. I have been humbled to be not just part of this great Elmendorf team, but to have been your commander. Throughout the course of my Air Force career I've been privileged to be part of some great teams, and by far the best team I've ever been a part of is this one right here at Elmendorf.

When I think back over the last 17 months, I'm constantly amazed at everything we've accomplished. It's been extremely busy, but very challenging, and absolutely rewarding.

There have been many, many high points during the course of my tenure, too many of them to count. Of these many, many high points, in my mind the most magnificent was how you responded just after I took command when the Pacific Air Forces Inspector General visited and we showed them how well we could perform our mission in the Operational Readiness Inspection. You did so well as a result of the hard training we do each and every day.

But the great work didn't stop there...you followed that up almost immediately with an incredible performance for the first CORONA TOP ever held outside the lower 48. It was a week-long series of meetings and thanks to your efforts, was a complete success. You showed all of the Air Force's senior leadership what a class act you are...and both the chief of staff and the secretary of the Air Force praised the Elmendorf team for a wonderful job.

Those two great shows that you put on, back-to-back, were simply magnificent due to your hard work and diligence.

But the great work didn't stop there. The Air Force implemented the Fit to Fight program and the new Fitness Test, and the 3rd Wing responded in an amazing manner. Because of your dedication and commitment to being fit, the wing is number 3 in the Air Force in terms of people passing the test with over 92 percent of our people scoring in the Good or Excellent ranges. Furthermore, many of you responded to my challenge and beat my scores last year.

While accomplishing all that would often fill an entire year for a wing, not so for the Arctic Warriors. Last Fall, we prepared to deploy Air Expeditionary Forces 1 and 2, of which the 3rd Wing is one of the lead combat wings. We postured more than 2,200 Airmen to deploy and actually sent more than

1,500...missing the holidays with their families and instead spending them with their brethren in arms at more than 30 locations around the world. Reports from those locations showed that you were prepared and did a fantastic job from Japan to Korea, Afghanistan to Iraq, Kyrgyzstan to Uzbekistan and many other locations. Literally, the whole world saw the incredible capability you bring to the U.S. arsenal.

The deployments were not without challenge and sadness, however, as Elmendorf experienced its first combat loss since the Vietnam War. Airman 1st Class Carl Anderson, deployed to Iraq from the 3rd Logistics Readiness Squadron, was killed when an Improvised Explosive Device exploded near the vehicle he was operating. In that same attack, Staff Sgt. Michael Helmick, also from the 3rd LRS, was injured. I'm thankful that Sergeant Helmick is recovering well from his injuries.

In the midst of that deployment cycle, the 19th Fighter Squadron won William Tell, the first world wide air-to-air gunnery competition in eight years, as the entire wing pulled together, showing once again how we continue the long history of success in the 3rd Wing.

At the end of last year, a large earthquake in the Pacific Ocean caused a tsunami that devastated many countries including Thailand, Malaysia, Indonesia and others. The 3rd Wing, led by the 517th Airlift Squadron, responded magnificently to that disaster, and provided critically needed relief to those in need, deploying over the new year.

The importance of this wing and this location were noted by Air Force leadership earlier this year when they announced the intent to station up to two squadrons of the newest, most modern Air Force fighter aircraft here, the F/A-22 Raptor.

Any look back on my brief time here would be incomplete without talking about the amazing support we receive from the local community. I've never been anywhere in my career where the level of support from the community was so good. They are always there to lend a hand and to work with us for everyone's benefit.

In response last year we put on a fantastic Arctic Thunder Air Show, headlined by the Navy's Blue Angels, that brought nearly 180,000 people out to the base. That's more than a quarter of the population of the entire state of Alaska!

As I do give up command later today, I can't think of a better man to take over from me than Colonel "Hawk" Carlisle. He's a great friend and leader. I've known him for 30 years and I can't think of anyone better to lead you in the future.

Thanks for letting me be a part of your success...it's all due to your attitude and teamwork. All the best!!!



TECH. SGT. KEITH BROWN

Then-Col. Michael Snodgrass, 3rd Wing commander, meets with Senior Airman Michael Helmick, 3rd Logistics Readiness Squadron, who returned to Elmendorf to recover from injuries he received after an improvised explosive device exploded near the vehicle he was in while he was deployed to Iraq. Airman 1st Class Carl Anderson, 3rd LRS, was also a victim of the attack and died from injuries he received.

Right: Staff Sgt. Omar Ortega, 3rd Aircraft Maintenance Squadron, performs a pre-flight inspection of an F-15C aircraft during the William Tell competition in November. William Tell is the world's premiere air-to-air weapons meet at Tyndall Air Force Base, Fla. which was won by the 3rd Wing team in 2004.

On the cover: Brig. Gen. Michael Snodgrass, 3rd WG commander, finishes his final flight May 13, while his wife Dr. Bobbie Snodgrass and Lt. Gov. Loren Leman, provide the traditional spray down.



1ST LT. AMY HANSEN



SENIOR AIRMAN JOE LAWS

Above: Arctic Warriors run 1.5 miles as part of the new Air Force fitness test. When the Fit to Fight concept was released Elmendorf began its testing in May 2004. A new track was built behind the Fitness Center in support of this.

Right: Airman 1st Class Sean Baker decontaminates then-Capt. Jon Shaffer, 90th Fighter Squadron as part of the Pacific Air Forces Operational Readiness Inspection which was held in April 2004.



STAFF SGT. SUE NUCKOLLS

Services squadron to host car show

By Mrs. Mary Rall
3rd Services Marketing

The time has come to get revved up for the Tune In to Services Car and Recreation Show Saturday and Sunday from 10 a.m. to 6 p.m. in the Joint Military Mall parking lot.

This first-of-its-kind event is just the vehicle show to get your motor running for summer and will include representatives from local car dealerships who will bring out vehicles to display.

Members from the 3rd Services Squadron will also be on hand to show how they can be a part of your summer recreation plans.

Individuals who stop by the Services booths will have an opportunity to qualify for giveaways that include a Hillberg Ski Area family season pass, a one-year club

membership, two Aero Club introductory flights, an Eagleglen frequent player card and two Polar Bowl Family Xtreme Bowling packages.

The Tune In to Services Car and Recreation Show will also be held in conjunction with a weekend full of special events as a part of the Joint Military Mall's Armed Forces Day Celebration and the Commissary's case lot sale.

The Armed Forces Day Celebration will include a free barbecue, the SoBe Beverage Bus, freshly popped kettle corn, dollar bingo, a children's fish casting contest, special vendors, face painting by the Armed Services YMCA, a coloring contest and special displays, sales and discounts from both the Commissary and Base Exchange.

Patrons will also have an opportunity to take home unbeatable deals at the Commissary's case lot sale, which will be from 8 a.m. to 5 p.m. Saturday and Sunday at Building 802 on Fort Richardson.

The sale can be reached by taking Fort Richardson Road to Otter Lake Road and then making a right turn onto Warehouse Road. Signs will be displayed to designate the way.

The sale will feature up to 69 percent discounts on everything from frozen foods to health and beauty care items. All items are subject to availability.

For more information, call 552-5900 for the Tune In to Services Car and Recreation Show or 384-0613 or 753-4422 for all other Armed Forces Day Celebration events or activities.

...:inside the fence

F2W America's Kids Run, Today at 4 p.m. at the Youth Center. 552-2266

Retiree Appreciation Night, Retirees receive 20 percent off today at the Susitna Club. 753-3131

Belly Dancing Class, Today at 6:30 p.m. at the Arctic Oasis Community Center. 552-8529

Bike Maintenance Class, Today at 4:30 p.m. for \$5 at Outdoor Recreation. 552-2023

Bench Your Bodyweight Competition, Today with sign ups at noon at the Fitness Center. 552-5353

CGOC Night, Today at The Cave. 753-3131

Mother's Day Out, Saturday from 10 a.m. to 6 p.m. through the Arctic Oasis Community Center. 552-8529

Give Parents a Break, Saturday from 1-5 p.m. at the Denali CDC. 552-8304

Membership Mania 2-4-1 Dining, Saturday at the Susitna Club. 753-3131

Old School Party, Saturday from 9 p.m. to 3 a.m. at the Kashim Club. 753-3131

Road Bike Training, Monday at 5:30 p.m. for free at Outdoor Recreation. 552-2023

Beginning Embroidery Stitches, Tuesday from 6:30-8:30 p.m. for \$15 at the Arts and Crafts Center. 552-7012

Preschool Story Hour, Tuesday at 10:30 a.m. at the Library. 552-3787

Take It and Make It Crafts, Tuesday at the Library. 552-3787

Introduction to Picture Framing, Wednesday from 5:30-9:30 p.m. for \$40 at the Arts and Crafts Center. 552-7012

Family Night Buffet, Thursday at the Susitna Club. 753-3131

Ceramic Family Night

Pouring, Thursday from 5:30-7:30 p.m. for \$15 at the Arts and Crafts Center. 552-7012

Morning Coffee Conversation, Thursday from 10:30-11:30 a.m. at the Arctic Oasis Community Center. 552-8529

Mountain Bike Training, Thursday at 5:30 p.m. for free at Outdoor Recreation. 552-2023

Belly Dancing Class, May 27 at 6:30 p.m. at the Arctic Oasis Community Center. 552-8529

Tour de Elmendorf, May 27-28 at the Fitness Center. 552-5353

Geocache/Skateboard Trip, May 27 at the Young Adult Center. 753-2371

One Stroke Painting Sunflowers, May 27 from 5:15-6:35 p.m. for \$35 at the Arts and Crafts Center. 552-7012

** Classes must be signed up for three days in advance.*

Is something wrong at Joe's garage?



ILLUSTRATION BY LT. COL. BRIAN TONNELL

*Is something wrong at Joe's Garage?
It doesn't seem so bad.
It's new, it's clean, and its customers
seem pleased with the service they've had.*

*Joe opened it back in '73
and business boomed for his gang.
But then, just 10 years later,
the place blew up with a bang!*

*The same thing happened two more times
in '95 and '04.
Each time they rebuilt Joe's Garage
they hoped to destroy it no more.*

*The workers are all extremely nice,
they have all the training they need.
They have shiny tools up on the wall,
a professional business, indeed.*

*So what IS wrong at Joe's Garage?
It's taken some major abuse...
Despite the training and all the tools,
they're not being put to good use!*

*The workers have the things they need
to be safe if they get in a bind.
Perhaps the problem lies within;
safe practice is not in their mind.*

*Let's learn from Joe, God rest his soul,
and his staff and professional crew.
The training and tools are provided,
but being safe is still up to you!*

FUN RUN: Beat feet to the Armed Forces 5K Fun Run at noon at the Fitness Center. Prizes will be available for all participants. 552-5353

MOVIE: Sin City (R) Sin City is a violent city where the police department is as corrupt as the streets are deadly. There's the street thug, Marv, whose desperate quest to find the killer of a prostitute named, Goldie, will lead him to the foulest edges of town. Inhabiting many of those areas is a photographer in league with the sordid ladies of Sin City, headed by Gail who opens up a mess of trouble after tangling with a corrupt cop by the name of Jackie Boy. 7 p.m.

...:sat

HONK JR: See the talent of the School Age Program youth in action by attending a presentation of Honk Jr. at 2 p.m. at the Ketchikan Site. 552-5091

MOVIE: Sin City (R) See above for movie description. 7 p.m.

...:sun

BRUNCH BUNCH: Give yourself a break by enjoying Sunday Brunch from 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131

MOVIE: Beauty Shop (PG-13) Gina Norris is a long way from the Barbershop-she's moved to Atlanta, so her gifted daughter can attend a prestigious music school and make a name for herself at a posh salon. But when her egotistical boss takes credit for her work, she leaves the salon to open a shop of her own. Gina buys a rundown salon and inherits a motley group of headstrong stylists, a colorful clientele, and a sexy piano-playing electrician. 7 p.m.

...:fyi

KUNG-FU: Sign up for Flowing Combat Internal Kung-Fu today at the Arctic Oasis Community Center. Classes will be offered Monday and Wednesday from 5-6:30 p.m. for \$40 per month. The first two lessons offered are free. This class is limited to 10 students. Participants must be 18 or older. 552-8529

Planes of ‘70s, ‘80s

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. NYC time zone
- 4. Cult
- 8. Iron or Bronze
- 11. Momentous
- 13. Esau and Jacob’s dad
- 15. Glop
- 16. Avenue
- 17. Phonetic “D”
- 18. Coffee grounds
- 19. E-4
- 21. F-16 Fighting ____
- 23. Nile snake
- 26. Greek letters
- 27. A-10 ____ bolt II
- 31. Mole
- 32. Part in a play
- 33. NAF for CENTCOM
- 35. Dads
- 38. Actress Heche
- 39. Former Russian ruler
- 40. Something to hail

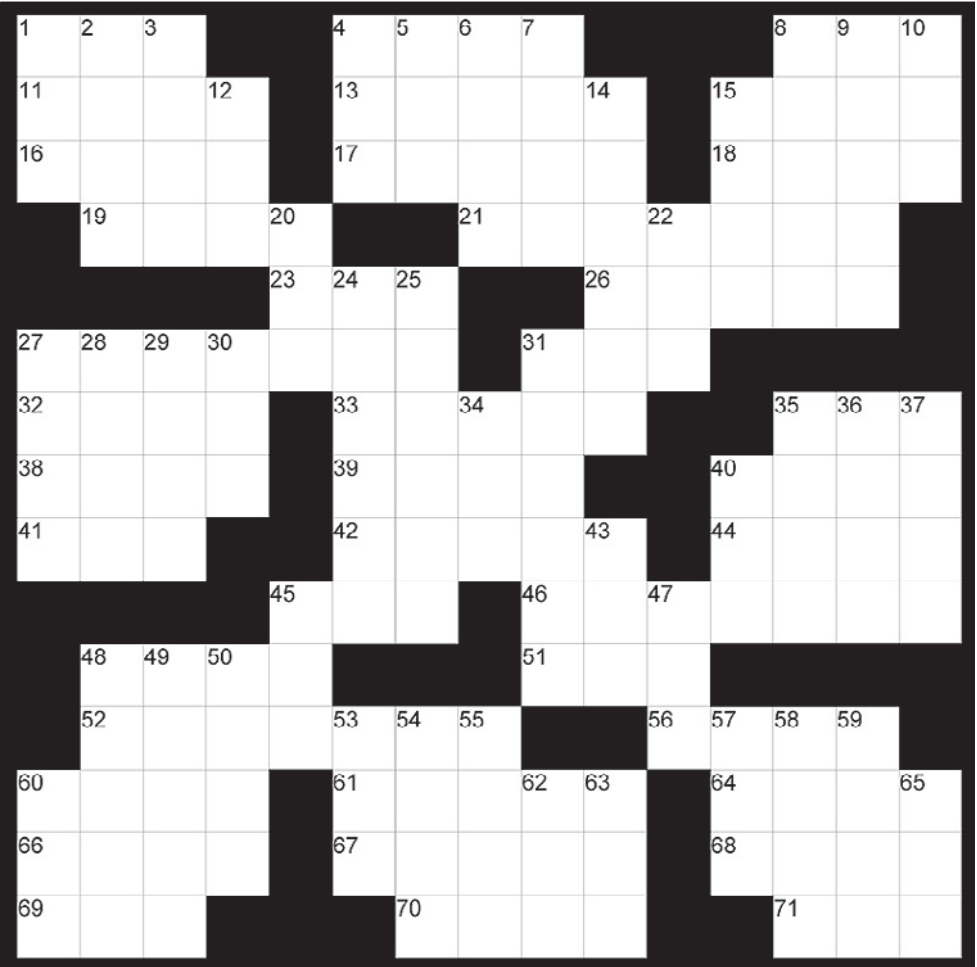


Last week’s solution

- 41. Tiger’s org.
- 42. Bird
- 44. Kitchen item
- 45. Writer Rand
- 46. Place for MWDs
- 48. Cheese type
- 51. Greek letter
- 52. B-1s
- 56. Phonetic “P”
- 60. EC-130 Commando ____
- 61. Harvests
- 64. F-117 Night ____
- 66. Ajar
- 67. F-15
- 68. Lotion ingredient
- 69. Affirmative
- 70. Yucatan Indian
- 71. Tarzan Ron

DOWN

- 1. Snakelike fish
- 2. Bridge
- 3. Singer Turner
- 4. Comedian Caesar
- 5. Compass dir.
- 6. Baby cow
- 7. Goodbye, in a manner
- 8. Stadium
- 9. Estimate
- 10. Actors Norton and Harris
- 12. Co. head
- 14. Sultan
- 15. Congeal
- 20. Boor
- 22. Coquettish
- 24. E-3
- 25. Jail
- 27. Snare
- 28. ____ Kong



- 29. Arm bone
- 30. Identifies maiden name
- 31. F-15E ____ (with 67 ACROSS)
- 34. Capture
- 35. HH-60 ____ Hawk
- 36. Figure skating jump
- 37. Offenses
- 40. 2,000 lbs
- 43. Clear, as in money
- 45. USAF MAJCOM for airlift
- 47. Quick rest
- 48. Wed in a hurry
- 49. Canyons
- 50. Soon
- 53. Before, in Old English
- 54. Drill a hole
- 55. Huge story
- 57. Cry of discovery
- 58. Drab
- 59. Mil. UCMJ punishable absence
- 60. Tofu base
- 62. Use
- 63. Ocean segment
- 65. Critical

SPORTS PAGE



Chief Master Sgt. Robert Tappana, 3rd Wing command chief, counts as Brig. Gen. Michael Snodgrass, 3rd Wing commander, cranks out pushups during the senior leadership fitness test May 6.



Setting the pace

Above: Col. Sandy Schmidt-Berringer, 3rd Medical Group partners with Col. Kris Clifton, 3rd Mission Support Group deputy commander, during the sit-up portion of the senior leadership fitness test.

Right: Chief Master Sergeants from around the wing run the 1.5 mile portion of the senior leadership fitness test on the track located near Heritage Park.



PHOTOS BY AIRMAN 1ST CLASS JONATHAN THRASHER

Sports Briefs

Benching competition

The Fitness Center will hold a bench your own weight competition today at noon. Sign-ups are at 11 a.m. The competition will be based on how many repetitions one can lift of their own weight.

For more information, call Senior Airman Aaron Naji or Airman 1st Class Nicholas Gould at 552-3624.

Elmendorf ATV trail

The all-terrain vehicle trail is now open. Anyone who rides the trail must have attended the ATV safety brief sponsored by wing safety, have attended the rider course and have the completion card from the ATV Safety Institute, and obtain a recreation permit from the natural resources office.

The ATV trail is short and intended for family use. For more information, call the Natural Resources office at 552-2436.

Eagleglen opens

The natural greens open today, and the automated tee system will be active for the rest of the summer. Hours of operation for this week, Sunday- May 28, will be as follows:

■ Pro Shop, Eagle's Nest, and Civilian Gate will open at 7:30 a.m.

■ Tee times start at 8:04 a.m.

■ Pro Shop and Eagle's Nest will close at 8 p.m.

■ Eagle's Turn will be open from 10 a.m. to 7:30 p.m.

For more information, call the Pro shop at 552-3821.

Bed Race Volunteers

Volunteers are needed for the Arctic Oasis Community Center's Bed Race event for the June 10 Arctic Warrior Olympics. A total of 18 volunteers are needed to help set up, tear down, judge, officiate and complete other miscellaneous tasks. For more information or to volunteer, call 552-8529.

Seward Rec Camp opens

Seward Air Force Recreation Camp has opened early for the season. The camp has two new deluxe family cabins with a full kitchen and bath, a washer and dryer, cable television, central heating and accommodations for up to six people.

These fully insulated cabins will be available year-round for \$150 per night from the Memorial Day weekend through the Labor Day weekend and \$75 per night during the off season. To reserve a tent space, cabin, or RV space, call 552-5526.

AWO skeet event

The Arctic Warrior Olympics Skeet event is up and running. Sign-up is open until June 1. If you are interested in signing up for this event, e-mail Master Sgt. Gary Cook or call him at 552-1109. The rules for Skeet can be seen by visiting the rules page on the AWO web <http://topcover/units/awo/awo.htm>.

Row boat rentals

The base lakes are now free of ice, and row boats are now available for use on Upper Six Mile Lake, Hillberg Lake and Green Lake. The boats can be checked out from Outdoor Recreation Center and include oars, life jackets and an anchor for \$15 per day. The keys to the boats can be checked out at the ORC after noon and must be returned to the ORC by noon the following day. For more information, call 552-2023.